

Our Recipe



PEAS WEEK



Ingredients

Ear-Popping Pea Guacamole

250g of frozen green peas
1 teaspoon crushed garlic
32ml fresh lime juice
½ teaspoon ground cumin
1 tomato, chopped
4 spring onions, chopped
32g chopped fresh coriander
A small splash teaspoon hot sauce
Sea salt, sprinkle to taste



Method

1. Blend the **ear-popping peas**, garlic, lime juice, and cumin in a food processor until smooth.
2. Transfer the mixture into a bowl and stir in the chopped tomato, spring onions and hot sauce. Add a pinch of salt to taste.
3. Cover and refrigerate for at least 30 minutes, to allow the flavours to blend.

**EAT THEM
TO DEFEAT THEM**

